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THE
CARE OF THE HAIR AND THE SCALP

How to Keep the Hair From Falling Out and Turning Grey

FOR PROFESSIONAL AND PRIVATE USE

BY

WILLIAM A. WOODBURY

DERMATOLOGIST

AUTHOR OF "BEAUTY CULTURE," "THE CARE OF THE FACE," "HAIR DRESSING AND TINTING," "THE CARE OF THE HAND," "THE CARE OF THE FOOT," "HOW TO GET THIN AND HOW TO ACQUIRE PLUMPNESS," ETC.

Fair tresses man's imperial race ensnare,
And beauty draws us with a single hair.
—*Pope.*

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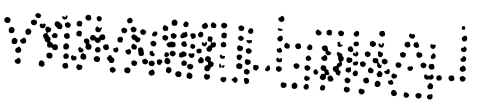
The Care of the Hair and the Scalp



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INTRODUCTORY

LUXURIANT, lustrous hair adds distinction to a man and often positive beauty to a woman.

Equally true is it that many persons, with a fine growth of hair originally, do not develop its value, through sheer carelessness.

Since most women devote considerable time to the arrangement of hair, they surely cannot be convicted of a lack of care. The trouble seems to spring from the fact that so little is generally known of the scalp and its covering; and so many conflicting things have been advised for their care that naturally feminine minds have been confused.

It is, therefore, necessary to give the student, who intends to devote earnest efforts to the beautifying of the hair and to the proper corrective treatment of scalp disorders, a concise, comprehensive idea of what is imperatively needful to know in order that the best results may be obtained.

There is no more grateful patron than a lady well satisfied with the general appearance of her hair, and who enjoys the agreeable sensation of possessing a clean, healthy scalp that previous to treatment had been a source of great anxiety to her.

Much can be done for the hair and scalp of any person, whether in health or disease; but one thing must especially be kept in mind: that is, the necessity for **perseverance** on the part of the operator; and at the

same time **patience** must be impressed on the mind of the person applying for treatment.

Faults or diseases of hair and scalp that have existed for months or years cannot be overcome in as many days. The more serious conditions may require careful attention for months.

It was perhaps with the hair in mind that the old philosopher gave the preference to the "ounce of prevention"; for while there are grave doubts of ever restoring the hair to a shiny bald pate, there is no question of the ability to long postpone its loss or decay.

THE HAIR

CHAPTER I.

STRUCTURE OF THE HAIR.

Anatomy of Hair and Scalp—The Colors of Hair—Racial Differences—Albinism—Number of Hairs—Growth of the Hair—Shape of the Hair.

It would seem that the possession of healthy, beautiful and abundant hair should be so universal as to be unnoticeable, instead of the reverse as we actually find it, for the exercise of intelligent care is all that is necessary to bring this about, and the average woman requires no chiding for indisposition to take pains to look her best. The trouble springs from the fact that so little is generally known of the scalp and its covering, and so many conflicting things have been advised for their care, that feminine minds have been confused with disastrous results ensuing to the very object designed to be conserved and cultivated.

It is, therefore, necessary to give the woman who intends to devote earnest efforts to the beautifying of the hair and to the proper corrective treatment of scalp disorders a concise, comprehensive idea of the physiology of the hair and of the skin in its special relation to the hair, and to advise her how she may conduct her treatment in accord with the processes of nature.

Anatomy of Hair and Scalp.—The hair of a human

being is similar in structure to the nails of the fingers and of the toes. In other words, it is made up of the cuticle or scarf skin.

It is vulgarly believed that the hair is a hollow tube closed at its upper end. This is not true. The shaft of

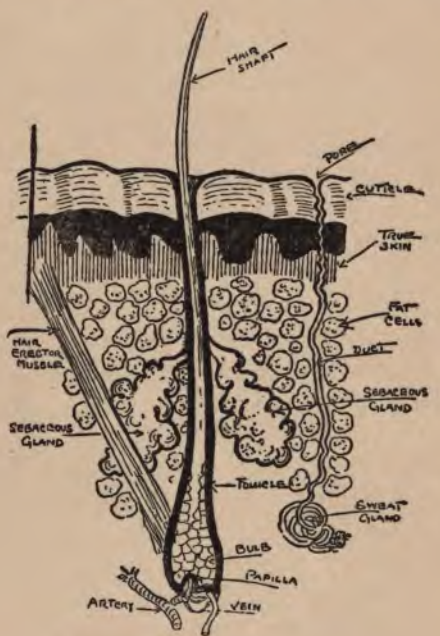

Fig. 46
DIAGRAM OF SKIN AND HAIR

the hair, or that part of the hair appearing beyond the skin, is a solid rod, varying in color, texture, length and curl with every individual. Let a hair slip between your thumb and finger from its root to its tip, then from tip to root. If your sense of touch is keen, you will notice

a difference; it does not slip along so smoothly *toward* the scalp as *from* it. This, as the microscope shows, is because the surface of each hair is laminated. Tiny scales run under each other from the root to the tip. In other words, each hair is notched like a tapering saw.

The hair springs from a tubular depression in the scalp called a follicle. Its root or bulb, somewhat larger and softer than the hair proper, rests upon a little projection or tip of tissue called the papilla. (See Fig. 46.)

It derives its nourishment from this papilla, which nourishment is carried to it by the little blood-vessel, as shown in the illustration.

One or two little glands or sacs will be found to lie along the course of the follicle which are called sebaceous glands.

Their function is to deliver a natural oil called sebum into the follicle, which keeps the hair itself soft and lustrous and prevents it from breaking or cracking.

In the illustration (Fig. 46) is shown another gland called the sweat gland, from the opening or pore of which effete products of the skin contained in the secretion, commonly called sweat or perspiration, are thrown off. Often there is a fault or failure of normal behavior in either of these glands and a scalp trouble develops.

Small muscles are found attached to the side of the hair follicles, called the erector muscles. The latter, when acting under a nervous shock, cause the hair to

"Stand on end
Like quills upon the fretful porcupine."

THE COLORS OF HAIR.—The color of the hair is due to a pigment given off at the very tip of the papilla. Its color varies in each person and depends on certain chemical combinations.

Light or blond hair contains more oxygen and sulphur than any of the other shades, but less hydrogen and carbon. It is finer than dark hair and so there is more of it to the square inch.

Red hair contains considerable sulphur, iron and a red oil.

Brown hair contains more carbon than the other shades, but less hydrogen, oxygen and sulphur.

Black hair has a larger proportion of oxygen and sulphur than carbon and hydrogen.

White hair contains magnesia, sulphate of ammonia and a white oil. In the hair of old persons there is present more or less phosphate of lime.

The color of the skin of parents is blended in their offspring, but this does not appear to be the case in the color of the hair. One child may follow the father in this respect, another the mother, and a third may present a blending of the two. Also the children may have hair markedly different from that of either parent.

Racial Differences.—Not only does the hair of different races present marked difference in structure, but among different nations of the same race one finds a marked differentiation in color as a rule.

Broadly speaking, dark hair prevails in tropical, semi-tropical and southern lands. To this rule are some striking exceptions, explanations of which have been found by ethnologists in the forced migrations and intermarryings of peoples far back in history.

Among the Spanish, hair so dark as to be classed "black" predominates; yet, in southern Spain one meets many light-haired Spaniards. In Italy, perhaps, a greater variety of shades can be found than in any other country, making Italians hard to classify as a nation in this re-

spect. In France, dark brown hair prevails. In Germany, light brown, sandy, yellow, chestnut and flaxen hair. Among the pure Russians we find light hair, but in Poland and Hungary, dark, as also among the Finns, although the other inhabitants of Northern Europe as a rule are fair-haired. Among the English, a very mixed people, and among ourselves, that is to say, Americans of many generations who have developed a new type, brown hair predominates with a possible inclination toward lighter shades.

Not only climate, but mode of life, influences the color of hair. It has been remarked that people of the same race who live in the country are not so dark-haired as dwellers in the city. It has even been asserted that a change in mode of life has wrought a transformation in a whole race as to the color of hair and eyes. For example, the Celtic race, in the British Isles, of which the modern representatives are the Irish, Welsh and Highlanders of Scotland, were described by ancient historians, and by many travellers up to hardly more than two centuries ago, as mostly blonds, and very decided blonds at that. Now they average as dark-haired as the English, and by some are considered darker.

Albinism.—Among all races will be found individuals devoid of pigmentation, not only in the hair, but in the skin and eyes as well. This condition has been ascribed to a disturbance of the nervous system, and is endemic in some tropical countries. The name Albinos was given by early Portuguese discoverers to a number of negroes so affected whom they found on the West Coast of Africa. These "white negroes" were held in special veneration by their black brethren, in striking contrast to the European practice of that day, which was to shun as lepers persons in like condition.

The faulty vision by day, the habitual *melatation* or winking of the lids, to shield the eye from light, and the fact that the sight of the Albino is better in twilight, were noted centuries ago, and the latter peculiarity led to giving these rarities the opprobrious nickname of "Cockroaches." It was also long supposed that Albinos were deficient mentally. This error was doubtless caused by the very natural shyness, or timidity, of the Albino —his *photophobia* or shrinking self-defensively from bright light. It is not only untrue, but it should be a comfort to parents who have an Albino child to know that an Albino is quite likely to be the brightest intellectually of their brood.

Close interbreeding is believed to be a considerable factor in the production of albinism. Darwin notes a case of seven Albino children, born of marriages between cousins—two brothers and two sisters—although neither the parents nor any of their relations or known ancestors were Albinos.

The hair of an Albino negro is woolly, and they have all the other characteristics of the race. The hair of European and American Albinos is peculiarly fine, glossy and silky, often giving the impression of a sort of flax or corn-tassel silk, never the appearance of old age. Cases of partial albinism have been reported casually, where the hair was flaxen or was red, with all the rest of the marks of albinism present. But there is only one case on record of an Albino with red hair.

Number of Hairs.—It has been estimated that there are from 75,000 to 150,000 hairs on the human head, varying with the peculiar physical condition of each person, brunettes having less than blonds and the flaxen-haired having a greater number than any type. In those of

nervous temperament the hair is usually more plentiful and of finer texture than with people who take life easy. The number of hairs in the eyebrows is usually about 600; in the eyelashes 420, and the average life of the eyelashes is four months.

Strength and Resistance.—A single strand of hair will under favorable circumstances exhibit remarkable tensile strength; that is, it will support a weight or strain of about four ounces, varying with the thickness of the shaft. Taking a collection of hair in strands, in such a way that weight could be applied, it would show a surprising *supporting* power.

For a thing that appears so delicate and perishable, hair possesses in reality an extraordinary power of resistance. It can be dissolved, but the water in which it is boiled has to attain a very high temperature to accomplish this. Hair has remained unchanged for thousands of years on Egyptian mummies; and there are well authenticated instances of hair growing very considerably, long after the death of the wearer.

The most remarkable of these is one mentioned by Wulferus, a German author. On opening the grave of a woman, who had been buried forty-three years, her body was found almost intact and covered from crown to feet with an envelope of beautiful hair, long and curly.

Growth of the Hair.—Perfectly healthy hair grows from five to eight inches a year, varying with the general physical condition of the individual as well as with the environment, habit of hair dress, exposure to the air, sunshine and climate. Changing one's clime might check the growth or might stimulate it.

Hair grows less in winter than in summer, and less

at night than in day-time. Mild, even climates are best for its growth and beauty. The hair of the head lives about four years. The average length of the hair in Europeans (both sexes) is 25 inches. The longest hair recorded was 10 feet. That was on the head of an Indian youth.

SHAPE OF THE HAIR.—The shape of the shaft of human hair, when cut across its length, varies peculiarly with the races, which accounts for the straight locks of one people, and the short, curly or kinky hair of another. But the hair of no race is ever perfectly cylindrical, as long was commonly believed. The microscope reveals it more or less flattened. Short, curly hairs are the most flattened, and the hair of a man's beard is flatter than the hair of his head.

The following table may be accepted for general purposes to distinguish the different kinds:

Oval shape, found in Aryan races.

Cylindrical shape, found in Chinese, East Indian and American Indians.

Flat or angular shape, found in Semitic races.

Elliptical shape, found in Negro races.

The more ovoid, that is, the more elliptical the shape, the more curly will the hair be.

Hair may be rendered curly artificially for a short time by the application of heat and pressure, or with moisture and pressure, or by the aid of continued tension in a rolled or curled position, and lastly, by the use of certain chemical mixtures. This result, however, can never be made permanent, and it is futile to attempt it beyond even a few hours with truly straight hair.

CHAPTER II.

CARE OF THE HAIR.

Combs and Brushes—Method of Combing—Resting the Hair—Care of a Child's Hair—Massaging the Scalp—Washing the Hair—Recipes for Shampoos and Tonics—Tar Soap—Drying the Hair—Effect of Washing on Color of Hair—The Nightly Care of the Hair—Care of Eyebrows—Care of Eyelashes.

In the care of the hair it should be primarily considered that the scalp of the head is a delicate structure, and that the still more delicate hair it supports will not permit of rough treatment such as that of the scraping and scratching of wire hair-brushes, more or less rusty in many cases.

For the same reason fine combs or combs of metal of any kind should not be tolerated. These not only injure the scalp, but pull out the hair and may, by reason of such a wound, cause serious disease of the scalp and, through blood-poisoning, even death.

When a brush is selected, let it be one with long soft bristles. *Never use wire brushes.*

The comb should be of hard rubber with teeth well shaped and rounded at their sides so as not to present sharp cutting edges, and these teeth should be uniform throughout—not a comb half coarse and half fine.

Never use a fine-tooth comb—especially on the head

of a child. Wash carefully the comb and brush in warm water impregnated with a few drops of ammonia. Dry in the sunlight, whenever possible.

METHOD OF COMBING.—The hair should be combed from the free ends upward, toward the scalp, short sections at a time, until a gentle sweep will carry the comb through the hair from the scalp down and through the ends.

If tangles occur, the fingers should be used to disengage the hair before the comb is again applied.

Comb the hair first on one side of the head and then the other, making the part about the middle of the scalp.

Comb until the entire hair is free and falls soft about the shoulders, then follow with the brush, brushing from the scalp down.

Do not press hard on the brush. The objects of its use are to remove the dead cuticle naturally thrown off by the scalp; to remove whatever dirt has been deposited on the scalp and in the hair by the atmosphere, and to distribute the sebum, or natural oil, secreted by the sebaceous glands, keeping the hair pliant and lustrous.

Part the hair in sections or strands to accomplish the best results in brushing. Remember that the hair brush does not take the place of the finger tips of the masseuse.

Exposing the loose hair to the air, if mild, and to the sun rays is a great factor in beautifying it and stimulating its growth. The chemical changes these occasion facilitate the evaporation of the perspiration, cleansing the hair of foreign matter, and the sun's warmth causes a mild softening of the oil about the roots.

RESTING THE HAIR.—The hair, especially when it is abundant, should be rested frequently. This is accomplished by loosening it, combing and brushing it some-

what vigorously and sitting for half an hour, or even longer, in sunlight. The sitter is not to face the sun, but have its rays fall on the top and back of head, moving occasionally so the light may visit the sides also.

Not only is this practice highly beneficial to both hair and scalp, but, after several sittings, it is likely to become peculiarly agreeable, a very delicate, exquisite sensation. The mind of the sitter should be lightly occupied either in gay conversation with a friend, or in pleasant reveries, or with some not too exciting novel or book of essays. The sitter should also move the lower limbs, particularly the feet, from time to time, so that the blood should not be flowing too vehemently toward the head.

Indulgence in this natural and very simple performance, especially when women have an unusual or a very thick and heavy crown of hair, will often cure a headache, and will serve to prevent many headaches, or ward off any tendency of that kind. There is no hair tonic in the world so effective as the sunlight. But caution your patron not to overdo what is good. Many persons, when they get a good idea, instead of possessing it, get possessed by it and push it to extremes.

Care of a Child's Hair.—Care of the hair should begin in earliest childhood. Neglect or rough treatment of a child's hair lays the foundation for scalp diseases or for premature baldness. Never violently comb or brush a child's hair. Children are often tortured in such ways and rendered averse to cleansing the hair regularly in after life.

Never plaster down a child's hair with pomade or grease of any kind. Such things prevent the elimination of the natural excretions; in other words, they store up the dandruff, causing the scalp to itch, and tempting

the child to scratch for relief, and perhaps thus poison with its nails the tender skin.

Rainwater that has been boiled and is fairly warm is the best thing to use for washing a child's head. Use only the purest of soaps, such as good castile. After rinsing the hair thoroughly and drying promptly with a soft towel, brush the hair with a very soft brush very gently, and *downward,* or in the natural direction of its growth. The child will soon enjoy this kind of treatment and will gain a liking for the sense of cleanliness.

If crusts have gathered on the scalp, use a few drops of pure olive oil, and apply it several times a day, if the crusts are thick and obstinate. When the saturation with oil has loosened the crusts, wash the scalp with tepid water and castile soap. Then rinse thoroughly with water alone and proceed to dry with a soft cloth—*never a coarse towel.*

Bear in mind that nothing except the purest soap, purest olive oil and warmish water should be applied to a child's head, unless a clear case of scalp disease is indicated. Then consult a physician.

If the scalp of the child is dry, try at once a little olive oil, rubbing it in very gently. It is needless to say that the hair of young girls ought to be as loose as possible so that it may grow well.

A simple cleaning of the hair and gentle massaging of the child's scalp once a fortnight will sometimes within a year work wonders for a child with comparatively scanty or not very pretty hair, and result in giving her permanently such locks as will be, indeed, her "glory" as a woman.

In braiding the hair, braid loosely as possible. In tying at the ends, do not tie the ribbons tightly. Do not dress the hair in a thick mass or coil on any one part

of the head. Aim to distribute it so that the air can readily ventilate it. Avoid all fantastic styles in dressing a young girl's hair. And remember that a child's—particularly a girl's—hair should be very rarely cut. The less cutting, the more likelihood of a finer, softer, silkier, longer growth.

MASSAGING THE SCALP.—The scalp should be massaged with the tips of the fingers. The operator should

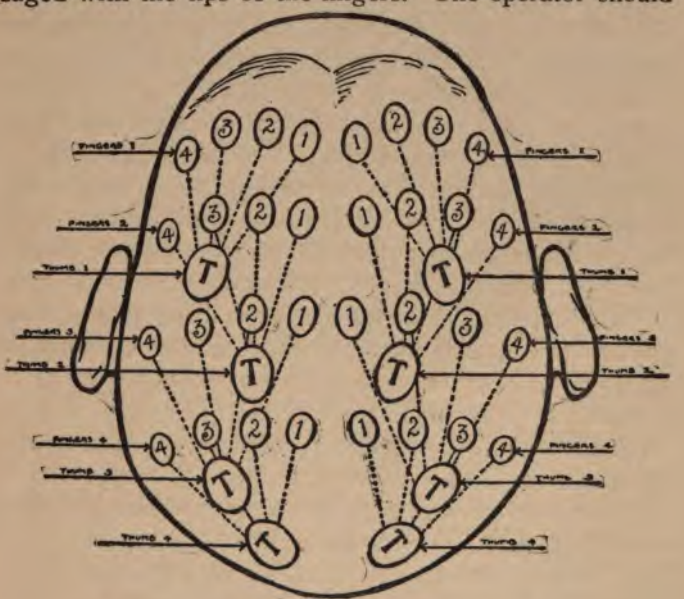

Fig. 47
MASSAGE POSITIONS OF FINGERS

keep her nails short so as not to injure the scalp. To begin with, the thumbs are placed closely together at the back of the head, while the tips of the fingers are made to press firmly, but not harshly, upon the scalp at the front of the head. Each finger tip is then made to move in a circle of about one inch in diameter.

As a section of the front of the scalp is covered in this way, the thumbs of the operator are moved down lower so that a new surface is exposed to the finger tips and so on until the entire scalp has been covered. An idea of the mode of procedure is outlined in Fig. 47, showing the position of the thumbs and fingers in the steps of treating the entire surface.

Four divisions or steps of treatment are indicated in this figure, but the scalp surface may be divided into as many sections as the operator pleases, in order to give a thorough treatment.

Another method is to place the thumbs at the back of the head and draw the finger tips, placed firmly on the scalp at the hair line of the forehead, toward the thumbs. This causes friction and a slight raising of the scalp, as the finger tips move toward the thumbs.

A third method advocated for healthy heads is to gather a quantity of the hair between the fingers and the palm of the hand and apply gentle traction or pulling—just enough to raise the scalp.

If this third method is to be used at all, it is particularly advisable that the operator should practice it first for a while on the heads of personal friends in order to discover just the safe amount of strength to exert; that is to say, such a degree of pull as will not cause discomfort to a patron or set up an irritation of the nerves afterward.

And here it is proper to say that students of this course ought to be conversant with the general principles and practice of facial massage, this knowledge not only to guide them in massaging scalps, but because it may frequently happen that a hair and scalp patient, suffering from facial troubles connected either directly or indirectly with their scalp and hair disorder, will de-

sire, and require, facial attention in conjunction with the special treatment through which they are seeking relief and restoration of their former attractiveness. At any rate, let the common-sense of the operator prevent her from using any violent methods in massaging the scalp.

WASHING THE HAIR.—One of the greatest mistakes of most women and men is to wash the hair of the head too frequently. Nothing is more conducive to baldness. Irritating and perfumed soaps are a menace to any scalp and its hair. The natural odor of clean and healthy hair is finer than any perfume.

Remember that by washing the hair with soap the oil thrown out by the sebaceous glands to soften the hair is removed, leaving the hair dry and fluffy; and that by repeating this at short intervals the hair loses pliancy and softness—cracks and breaks off easily with the least effort at combing. This is one of the commonest causes of baldness, especially with men who are given to wetting their hair daily.

While it becomes necessary, in certain occupations, to wash the hair frequently to remove foreign matter and dirt, it should never be overdone. Washing the hair and scalp once a month is amply sufficient for the average head, except where there is an over-secretion of the oily matter, or where the hair is coarse, and exposed to the elements or to continual fine dust because of special occupation.

But light hair, as a rule, demands to be washed oftener than dark hair, and also requires more rinsings. In the last rinsing water some advise an addition of a few drops of peroxide of hydrogen, but the direct object of this is obscure, and in our judgment a danger lurks that the hair may get a streaky look from such a practice.

The ancients, who prized blondness, are believed to have washed their hair in œnomel (honey-wine), something like the mead of the Scandinavians, and there are some to-day who try to keep their blondness by using a mixture of honey, rhubarb and white wine. These fantastic methods are not to be recommended. The fluffiness and lustre they may temporarily cause are apt to end in an almost incurable muddiness.

If the hair has a tendency to fall out, washing should only be indulged in as a necessity of cleanliness. For such persons, a good shampoo, that not only cleanses the scalp and hair, but also nourishes the hair, is made up of an entire egg, well beaten, to which about one ounce of water is added.

This is rubbed into the scalp and about the roots of the hair thoroughly, beginning at the forehead and gradually working toward the temples and the back of the head or nape of the neck. For this purpose the hair should be parted, and the egg shampoo rubbed or massaged into the scalp with the tips of the fingers. To do this, the mixture should be put into a saucer and the finger tips dipped into it for the amount requisite for use.

A formula that slightly varies this simple egg alone, and will be found better in some cases, is this:

EGG SHAMPOO

℞ *One whole egg (well beaten)*
Warm soft water ..... ½ *pt.*
Spirits of Rosemary ..... ½ *oz.*

Beat well together and rub thoroughly into the scalp. Rinse off carefully in two or three waters. Always be careful not to rub the long hair in such a way as to tangle it. This can be done by holding the long hair up and away from the scalp with one hand, while rubbing in the shampoo with the other.

Some shampooers favor using only the yolks, and others only the white of eggs for egg shampoo. No sufficient reason appears for the latter variant, the oil and sulphur of the yolk being of distinct value. The reason for omitting the white or albuminous part appears to be grounded on its stickiness, but a thorough beating overcomes any objection on that score.

When the scalp is dry the following is recommended as a good

TONIC FOR DRY SCALP

℞ *Resorcin* ..... *3 dr.*
Fluid Ext. Pilocarpin..... *3 dr.*
Tinct. Cantharides ..... *4 dr.*
Glycerine ..... *4 dr.*
Spts. Lavender (com)..... *4 dr.*
Castor Oil ..... *1 dr.*
Bay Rum ..... *1 pt.*

Add the castor oil to the bay rum, shake thoroughly, and add the other ingredients. Apply nightly by massaging it in.

If the scalp is both hot and dry, the following will be found efficacious:

A COOLING SCALP TONIC

℞ *Oil of Sweet Almonds*..... *½ pt.*
Burdock Root ..... *⅛ lb.*
Oil of Thyme ..... *¼ oz.*
Oil of Rosemary ..... *¼ oz.*
Oil of Bergamot..... *2 dr.*
Oil of Lemon ..... *1 dr.*
Oil of Rose Geranium ..... *1 dr.*

This can be applied at any time by massaging it in, but is best done at night, covering the pillow with a towel. Do not advise a nightcap to protect the pillow, as a nightcap would be heating and offset the benefit derivable. Nightcaps, anyway, except for persons very bald, are objectionable.

Another formula for dry scalp and hair which has merit, is this:

QUININE TONIC

℞ *Castor Oil* ..... *4 dr.*
Quinine ..... *16 gr.*
Resorcin ..... *20 gr.*
Red Wine (Claret) ..... *10 oz.*

Shake well together and apply to scalp with a bit of soft linen.

When the scalp is dry, the following is excellent to massage thoroughly into it the day before giving a shampoo:

℞ *Lanolin* ..... *1 oz.*
Sulphur ..... *¼ oz.*

A fine scalp cleaner, but not to be used on gray or graying hair, is this:

SCALP CLEANER

℞ *Potassium Carbonate* ..... *6 oz.*
Borax ..... *2 oz.*
Acetone ..... *1 pt.*
Alcohol ..... *3 pts.*
Oil Pinus Pumilis ..... *½ dr.*
Water ..... *2 qts.*

When the scalp is oily a simple formula like this often suffices:

℞ *Alcohol* ..... *4 oz.*
Witch Hazel ..... *4 oz.*
Resorcin ..... *80 gr.*
Dist. Water ..... *2 oz.*

When the scalp is both oily and inactive the following is good:

VERY STIMULATING TONIC

℞ *Tinct. Cantharides* ..... *4 dr.*
Tinct. Capsicum ..... *2 dr.*
Tinct. Nux Vomica ..... *8 dr.*
Cocoanut Oil ..... *3 oz.*
Cologne ..... *10 oz.*

Shake well before using and do not rub in too vigorously at first.

ANTISEPTIC TONIC

℞ *Capsicum No. 30 powder* ..... ½ *dr.*
Quinine Alkaloidal..... ½ *dr.*
Bichloride of Mercury (powdered) ..... 5 *gr.*

Dissolve in 6 ounces of alcohol and 2 ounces of water. This is good for oily scalps.

A simple cleanser and tonic is made as follows:

℞ *Peruvian Bark (powdered)* ..... 3 *oz.*
Rum (Jamaica) ..... 1 *pt.*

When the hair is particularly oily, the following shampoo will be best:

A DRYING SHAMPOO

℞ *Bay Rum* ..... 1 *qt.*
Alcohol (95%) ..... ½ *pt.*
Water ..... ½ *pt.*
Carbonate of Ammonia ..... 2 *dr.*
Carbonate of Potash..... 4 *dr.*

The carbonates should be dissolved in the water first, and the alcohol and bay rum added when the powders have dissolved. This shampoo should be sprinkled upon the scalp and rubbed into the hair thoroughly. A foamy lather will result which may be wiped off with the pressure of a soft towel. The remaining moisture is allowed to dry on the hair.

This is another excellent and simpler shampoo:

ANOTHER DRYING SHAMPOO

℞ *Liquid Ammonia* ..... 2 *dr.*
Alcohol ..... 2 *oz.*
Water ..... 8 *oz.*

The above is used in the same manner as the other dry shampoo.

A drying shampoo is sometimes given by washing the hair in alcohol without the use of water at all. This

is not advisable, as being too drying for the average scalp.

A dry shampoo will be found useful, when patrons are in a hurry to have their hair dressed.

So-called dry shampoos are made of powder that is dusted into the hair, massaging the scalp thoroughly at the same time. The powder should be brushed out at once. This leaves the hair clean and dry and fluffy, the accumulation of oil and dust having been taken up by the powder. The use of dry shampoos is to cleanse and perfume the hair, at the same time getting the benefit of the exercising of the scalp through the necessary massage. A fine dry shampoo is made as follows:

DRY SHAMPOO

℞ *Orris Root (powder)* ..... *8 oz.*
Cassia Flowers (ground coarse) ..... *3 dr.*

Mix well together and rub through a fine hair sieve. Use not oftener than once a week.

Another is made of the following:

℞ *Orris Root (powdered)* ..... *½ oz.*
Corn Starch ..... *8 oz.*
Oil of Violets ..... *10 drops*

Mix as the above and rub through a fine sieve or bolting cloth. Use in the same manner.

A dry shampoo for blond and for gray hair is as follows:

℞ *Fine Cornmeal* ..... *2 oz.*
Orris Root (powdered) ..... *1 oz.*

Shake well together, then shake or sift into the hair, Rub in somewhat vigorously and brush out ten minutes later.

Or cornmeal alone may be used. It is well to get it very finely ground and dry it out by placing in the oven a little while.

To tone the scalp it is well to wash the hair once in a month with pure castile soap or tar soap of the best quality. The latter is easily made thus:

TAR SOAP

℞ *Birchwood or Beechwood Tar..... 4 oz.*
Castile Soap ..... 6 oz.

In washing the hair with soaps of any kind, warm water should be used, followed by massage or rubbing, and then colder water to stimulate or cause a reaction of the circulation in the scalp. A spray tube, connected with the hot and cold water faucets of the basin, is most serviceable for this purpose. Do not use the water so cold as to shock the scalp, but just cold enough to be pleasant to the patron's head. Use a tar soap only on dark hair, white soap on blond or gray hair. If the hair is inclined to be oily, a little borax, about half a teaspoonful to a basin of cold water, may be used for the last rinsing, but repeated *only once in the month,* as it has a tendency to make the hair brittle. Its use makes the hair fluffy and lighter in color. Liquid ammonia, a tablespoonful to a gallon of water, is used in the same manner; but the same precautions must be taken.

DRYING THE HAIR.—After shampooing, the hair should be well dried with warm, soft towels, the hair being rubbed or rolled in strands between the folds of the towel. The hair, loose and flowing, should then be exposed to the sun, if possible, or to warm air to dry it.

It is better not to dry the hair with a hot air funnel, or at a radiator or open fire-place. Remember that intense heat makes the hair brittle. Drying in the sun is best; with warm, dry towels next best.

Drying will be aided and the possibility of neuralgia prevented by a somewhat vigorous massage given while

drying. Rubbing the hair between the hands makes it more pliant and softer.

Combing and brushing the hair should follow the shampooing. If you are giving a shampoo to a patron at night in her own home, a time and place many ladies prefer and for which they are glad to pay extra, it is well to put up the hair as loosely as the patron will permit so as to assure a perfect drying over night and no ill after-effects, such as cold in the head.

Caution your patron, if the weather is damp or cold, not to expose herself to it, until her hair is thoroughly dry. Do not let her leave your parlors, in case she has very heavy hair, until you are thoroughly satisfied as to its perfect dryness.

Effect of Washing on Color of Hair.—Sage, tar soap, and oily tonics tend to darken very light hair, as does also the egg shampoo if the yolk is used.

Ammonia and soda brighten light hair, but must be used cautiously and sparingly, as they are very drying.

A teaspoonful of salts of tartar and two of lemon juice added to the last rinsing water of light hair will help keep its color and brightness.

A piece of washing soda, the size of the thumb nail, mixed into a paste or jelly with white castile soap and used occasionally as a shampoo will help keep the hair light and fluffy.

Light hair should be washed twice as often as dark hair, and it should be rinsed through more waters after shampooing. The sun is not so good for it as for dark hair, so it should not be dried in or exposed to the sun as long as dark hair.

The Nightly Care of the Hair.—Many women fail to understand the great benefit of the proper care of the hair before retiring. Often the hair is allowed to remain

done up during the sleeping hours, and combing and brushing at such time is rarely ever done.

To acquire a beautiful growth of hair the following hygienic laws should be followed without fail:

Take down the hair at night and comb out evenly and smoothly; then brush thoroughly with the proper kind of brush and allow to remain flowing, or do up in one or two loose braids according to the amount of hair.

If the hair is inclined to be dry, some bland oil should be rubbed into the scalp with the tips of the fingers. Pure white vaseline answers very well, as it does not turn rancid, but it should be used in moderation, as it has a tendency to darken the hair, especially that of a very blond color.

A tonic vaseline and oil combination may be used. Where the hair is inclined to fall out, the following answers well:

℞ *White Vaseline* ..... 3 oz.
Castor Oil ..... 1½ oz.
Oil of Bergamot ..... 30 drops

The vaseline and castor oil are thoroughly rubbed together until an even mixture is obtained, and the essential oil is then added slowly and distributed by further rubbing.

A little of the mixture is rubbed into the scalp every two or three nights.

When only an essential oil is required to give lustre to the hair, the following is recommended:

℞ *Oil of Almonds (sweet)* ..... 3 oz.
Oil of Rosemary ..... 1 oz.
Oil of Lavender ..... 30 drops

Mix as the mixture before given and use in the same manner.

If the hair is naturally oily and a perfume is desired for the hair, any essential oil, such as oil of violet, oil

of bergamot or lavender, may be used in the same manner, though much more sparingly and only once in a week.

Sometimes the least touch of an essential oil and a bland oil may be given, especially after a shampoo, to give sheen to the hair. Such preparations are known as brilliantine. A good composition is made as follows:

℞ *Castor Oil* ..... *4 dr.*
Oil of Sweet Almonds..... *3½ oz.*
Extract of Jockey Club..... *3 dr.*
Alcohol, enough to make..... *8 oz.*

Put the ingredients into a bottle and shake thoroughly before using.

Apply with the finger, moistening the hair here and there, and brush out with hair brush evenly.

Care of the Eyebrows.—The heavy eyebrow usually denotes strength and mental powers. The thin brow highly arched is a sign of the artistic temperament.

The hair of the brows should be kept orderly and in shape by carefully brushing with a fine soft-bristled brush made for the purpose.

A little lanolin, containing a few drops of essential oil, such as lavender or bergamot, should be put on gently with a fine brush twice a day. Very little is necessary.

The eyebrow brush can be bought for fifteen cents, and should be used night and morning.

Brush the eyebrow *upward* from the nose and *outward* to the hair line. In this way, if the eyebrows are too straight, the high curve can be cultivated.

TO MAKE EYEBROWS GROW

℞ *Lanolin* ..... *1 oz.*
Tr. Cantharides ..... *2 dr.*
Oil of Almonds ..... *4 oz.*
Oil Rosemary .....*15 drops*

Melt the lanolin, add the rosemary and almond oil and

then the cantharides. Apply every night with a soft tooth brush and *keep out of the eyes.*

The hair in the lower middle of the arch, sometimes amounting to the condition called "beetle-brows" and giving a sinister look to an otherwise pleasing face, can be removed with tweezers. Lanolin or olive oil massaged at the upper arch will stimulate the growth of hair there. Olive oil has a tendency to darken some hair.

The proper care of the eyebrows includes a cutting of the ends of the hairs once every month or three weeks. Do not cut off more than a sixteenth of an inch. Persistent performance of this invariably results in a marked thickening of the growth; hence, if the eyebrows are naturally too heavy, this should not be done so often, or not till they grow bushy and cutting becomes imperative.

Another formula to make eyebrows grow is as follows:

℞ *Red Vaseline* ..... *2 oz.*
Tinct. Cantharides ..... *⅛ oz.*
Oil of Lavender ..... *15 drops*
Oil of Rosemary ..... *15 drops*

Mix thoroughly and apply to the eyebrows with a tiny tooth brush every night. This will also stimulate the growth of the eyelashes, but it will irritate the eyes if any gets into them.

Care of Eyelashes.—If the eyelashes are thin or falling out, simple vaseline or olive oil or lanolin may be rubbed over the edges of the lids. Perfumed oils or preparations containing alcohol are not to be advised, since they irritate the eye. Use the brush under the lashes, always brushing upward. This will cause them to curl slightly. If done with persistent regularity it should help them to grow.

CHAPTER III.

DISEASES OF HAIR AND SCALP.

Dandruff—Recipes for Tonics—General Baldness—Recipes for Tonics—Localized Baldness—Recipes—Lice—Hair Splitting and Breaking—Removal of Superfluous Hair—Recipes—Premature Gray Hair—Recipes.

It is hard to draw the line which separates uncleanness and disease, since the former condition develops imperceptibly into the latter. Scrupulous cleanliness is the natural and the best preventive of disease, and therefore the advice in the preceding chapter not alone applies to the cultivation of beauty, but the promotion of health as well. In treating the diseased hair and scalp, however, the methods of combing and washing the hair and of massaging the scalp need to be modified to suit the abnormal condition.

Dandruff is a natural condition which merges gradually into an abnormal one. The term is probably derived from the Welsh words *ton* and *drieg*, meaning "bad skin." Normally it is nothing more than the shedding off of the little cells of the scarf skin, just as it happens on the exposed skin surfaces of the body. But there are forms of this condition sufficiently serious to compel a consideration of them as actual diseases.

One of these is where an over-secretion of oil from the hair follicles combines with the dirt collected by the hair from the atmosphere and the scales of scarf skin naturally thrown off. This condition induces the formation of yellowish gray crusts upon the scalp at various

places which crowd upon the hair and invite infection of the follicles which they cover.

The next condition is far more serious. In this a crust forms, as just indicated, which contains a germ that has been described by prominent authorities as the *diplococcus*. This germ is particularly destructive to the hair, and causes acute and permanent baldness in many individuals, particularly in men.

To consider particularly the various forms of dandruff that come under the treatment of operators, it is well to classify them as follows:

1. Simple or Dry Dandruff.
2. Oily Dandruff.
3. Infective or Destructive Dandruff.

SIMPLE DANDRUFF.—This is a normal condition of the scalp, though more marked in some persons than in others. The cause is a collection of fine dry scales on the scalp, which can be readily observed in combing or brushing the hair, when it falls like a shower about the shoulders of the patient. This symptom is often annoying to the person afflicted and can be readily cured by proper attention to the care of the scalp.

First of all scalp massage is best. This should be associated with proper shampooing, combing and brushing, and followed by the application of a fatty matter to allay the over-dry nature or state of the scalp. For this purpose, some bland oil may be massaged into the scalp, such as sweet almond oil; but the following formula will give the best results, stimulating the hair growth at the same time.

MASSAGE TONIC

℞

White Vaseline	*3*	*oz.*
Castor Oil	*3½*	*oz.*
Gallic Acid	*2*	*dr.*
Oil of Bergamot	*30*	*drops*

The above should be rubbed into the scalp with the tips of the fingers.

An oil that has become rancid should never be used, as it is liable to irritate the scalp and cause disease, besides being obnoxious to a patient with sensitive nostrils.

OILY DANDRUFF.—This condition is due to an overproduction of the oily secretion of the glands of the hair follicles and is very difficult to overcome. Persistence in rational treatment is the only path to a cure. Proper attention should be paid to washing the scalp with one of the ammonia shampoos. After each of several of these, given at intervals of ten or fifteen days, cold water on the scalp should be used before the hair is allowed to dry. In the meantime, massaging the scalp every three or four days will do much to effect a cure.

A stimulating tonic may be applied to the scalp daily made as follows:

HAIR TONIC

℞ *Quinine Sulphate* ..... 20 gr.
Tincture of Nux Vomica ..... 2 dr.
Resorcin ..... 1 "
Alcohol ..... 2 oz.
Bay Rum ..... 6 "
Water (enough to make) ..... 16 "

The quinine should be dissolved in the alcohol and tincture of nux vomica; then add the resorcin, bay rum, and water.

To use this, the hair should be parted and the lotion applied with a tooth brush to the scalp.

Another stimulating tonic may be made thus:

JABORANDI TONIC

℞ *Quinine Sulphate* ..... 20 gr.
Tincture Cantharides ..... 2 dr.
Extract Jaborandi ..... 1 oz.
Deodorized Alcohol ..... 2 dr.
Glycerine ..... 1 oz.
Bay Rum ..... 6 oz.

Add enough elder-flower water to make a pint mixture. Treat the scalp the same way as before with a tooth brush.

Lastly, it is well to remember that there is frequently a disease that points at some fault in the general health of the individual, and medical treatment in the way of tonics and proper exercise of the body should be recommended. Derangement of the nerves, impairment of the digestion, even mere worry, may be affecting the condition of the scalp and hair. Exposure of the bare head to the sunshine and air is one of the best factors toward a reduction of the evil.

INFECTIOUS OR DESTRUCTIVE DANDRUFF.—This condition is one found particularly in men who frequent public places and barber shops that are not beyond a doubt kept sanitary. It is usually brought to the attention of the operator, when the hair falls rapidly, and it is then well advanced. Crusts of yellow or gray will be found here and there about the scalp and scabs also perhaps, where the patient has injured the scalp by scratching. There may be considerable itching of the scalp in places to account for this.

First of all, the use of all hair brushes, unless first cleansed with an antiseptic, should be prohibited.

The scalp should be thoroughly shampooed as before described, followed with a cold-water drenching, but with care as to degree of coldness. *Avoid causing shock to the scalp.*

Massaging should be done twice a week and the daily use of some antiseptic lotion should be insisted upon. The best of these are made as follows:

RESORCIN MIXTURE

℞ *Resorcin* ..... *1 dr.*
Extract of Witch Hazel..... *8 oz.*
Bay Rum ..... *8 "*

Rub some of the above into the scalp every night.

MERCURY MIXTURE

℞ *Oil of Cade*..... ½ *dr.*
Bichloride of Mercury..... 3 *gr.*
Ether Sulphate ..... 2 *dr.*
Castor Oil ..... 1½ *oz.*
Bay Rum ..... 1½ "
Alcohol ..... 2 "

Dissolve the mercury first in a little warm water, then add the alcohol and bay rum and the other ingredients. This lotion should be rubbed into the scalp, after shampooing, once or twice a week.

There are many conditions that cause the hair to fall. The falling out may be sudden, as after an acute illness like typhoid fever; or there may be a slow thinning out of the hair, causing a baldness that begins at the forehead and goes back over the head, or on top of the head, whence it spreads outward, leaving only the hair at the temples and the extreme back of the head. This state is called alopecia, or general baldness.

Then again the hair may fall out, usually suddenly, in one or two nearly round patches, when it is called local alopecia or baldness. Both of these conditions will be considered separately, since they require different treatment.

General Baldness.—This affection of the hair follicles, unless following an acute disease, progresses slowly and is caused by pressure from stiff hat bands, heavy hats, lack of ventilation of the hair, sedentary occupations, mental worry, too frequent washing (which often accounts for early baldness in men), improper hair-dressing, as with women who persist in doing up the hair tight or weighting it down with puffs or heavy switches; and with both men and women, most often, from inadequate or improper care of the scalp.

Lastly, dandruff, either when a result of lowered vitality, as in the fine, powder-like scale, or that kind denoted by the thick, oily patches of the simple sort, or the infective variety often carried from one person to another through the employment of dirty hair brushes in public places, is a very active cause of loss of hair.

When this form of baldness is met with in its early stage, there is every hope of curing it.

The treatment is first of all proper hygienic cleansing of the scalp. The operator must be able to recognize the condition present, advise against the cause leading to it, and then attack the case faithfully and conscientiously.

The pale scalp with the powder-like dandruff should be cleansed first of all by one of the shampoos given. Following the shampoo, wash the hair with water growing gradually colder from tepid, but not so cold as to chill.

A thorough massage should follow and then the application of some tonic mixture.

As a rule these cases do best with some oily preparation. Alcoholic mixtures only help to desiccate still more the already dry and brittle hair, and make matters worse. These oily preparations are called hair foods. They act by stimulating the follicles and adding fat to scalp and hair, a thing so necessary to the hair growth.

The following mixture is highly endorsed and has the advantage of being antiseptic:

ANTISEPTIC TONIC

℞ *Salicylic Acid* ..... *1 dr.*
Tincture of Benzoin ..... *60 drops*
Neatsfoot Oil ..... *6 oz.*

This is to be rubbed into the scalp with the tips of the fingers or with a soft-bristled tooth brush.

Another and more powerful tonic is made as follows:

PILOCARPINE TONIC

℞ *Hydrochlorate of Pilocarpine*..... *30 gr.*
Vaseline ..... *5 dr.*
Lanolin ..... *30 drops*
Oil of Bergamot..... *30 drops*

This is an excellent remedy, but more expensive than the former. It is used in the same manner.

The treatment should be continued regularly for eight weeks; that is, a daily application of the mixture, as well as massage, to the scalp at least three times a week.

Daily brushing of the hair with a long-bristle hair brush helps to keep up the massage in the meantime.

The hair should not be shampooed except once every two weeks under this treatment, and only once in four weeks after the treatment has been discontinued.

Stop the promiscuous use of pomades or other so-called hair tonics, at least until you are sure of their ingredients; they are frequently of little value and sometimes increase the trouble.

In the oily or scaly form of dandruff the scalp should be thoroughly rubbed with vaseline or olive oil for several days before shampooing. This will loosen the scales and allow them to be washed away with the shampoo.

Do not let the patient be frightened if considerable hair comes out during the first washings. This condition is frequently remarked, and signifies nothing more than that such hair would have dropped out any way in a few days, because it is dead.

Following this shampoo, it is well to use some antiseptic solution to kill off any possible germs. Perhaps the best mixture is made as follows:

GERM KILLER

℞ *Bichloride of Mercury*..... *7 gr.*
Water (warm) ..... *1 qt.*

Dissolve the mercury in the warm water and allow to get cold before using. This mixture will keep indefinitely, but should not be confused with other mixtures, since it is highly poisonous, when taken inwardly. Label your bottle *"Poison."*

The scalp is washed with this solution which is allowed to remain on for half an hour, when the hair and scalp are to be rinsed with alcohol. The hair is now dried and one of the oily tonics rubbed into the scalp.

Alcoholic mixtures containing quinine, cantharides, gallic acid, or other stimulating drugs have been recommended, but oily preparations have been found to be the best in the end.

After a course of eight weeks of this treatment, the patron should be provided with some mixture to continue the treatment daily at home. One of these is given in the section on dandruff, or the following can be offered, if an antiseptic is not required:

℞ *Pure Castor Oil* ..... *2 oz.*
Cologne Spirits ..... *16 "*

A little of this is to be rubbed into the scalp every night.

Localized Baldness, or Alopecia Areata.—In this kind the hair will suddenly fall off in one or more patches. It is caused by some local nerve trouble in the scalp. Here the treatment naturally is to stimulate the nerve ends in these places, and so is different from that for general baldness.

The disorder, being usually of a chronic nature, recovery may come about at any time, and is marked by the appearance of fine hairs that grow stronger until normal.

Treatment to begin with should be constitutional. A physician should be asked to prescribe internal remedies.

External massage is necessary, followed by the application of an irritant, preferably one containing an antiseptic. Any one of the following can be tried; but do not mix treatments.

℞ *Mercury Bichloride* ..... 2 gr.
Alcohol ..... 1 oz.

This mixture is to be painted on the bald patches with a camel-hair brush every other day.

OR

℞ *Chrysorobin* ..... 30 gr.
Water ..... 1 oz.

Rub well into patches once a day.

OR

℞ *Tincture of Cantharides (full strength).*

OR

℞ *Tincture of Iodine* ..... 1 dr.
Collodion ..... 3 dr.

The latter is painted on the patches once every week.

The hair, if any, should be shaved off the patches every week to stimulate the growth. Static electricity or the negative pole of direct current is also useful.

With patients beyond fifty years of age the results are not always satisfactory. Be careful not to over-encourage a patron of this age. Be perfectly frank, if in your judgment the case looks difficult. The best one can do sometimes is to prevent the baldness from spreading. Persistent treatment in other cases will usually bring about a cure.

LICE.—Lice are often found to infest the head of uncleanly persons. Even in the best regulated families children are apt to have them, having acquired them from their schoolmates. The nits will be seen more or less plentifully distributed about the hair shafts.

The presence of the lice causes more or less scratching with the finger nails which results in the wounding of the scalp and the consequent formation of crusts.

The best method for removing or killing these obnoxious things is to soak the hair and scalp with kerosene oil night and morning for two days. Then shampoo the head thoroughly.

If the use of kerosene is objectionable, the hair may be well wetted with tincture of larkspur. The treatment should be given at night and repeated the next morning and allowed to dry on the hair. A towel should be wrapped about the head during the night.

After twenty-four hours the head should be thoroughly washed or shampooed, and the treatment be again repeated as before in several days' time, if there are any signs of the lice present.

Hair Splitting and Breaking.—This condition is usually met with among persons in poor health, or those who have dandruff of long standing.

The split ends of the hair should be clipped off or singed away, and a thorough course of scalp massage as advised for dandruff should be given. One of the stimulating hair tonics is to be used, followed by daily brushing and the application of castor oil in cologne spirits, as given on page 39.

Superfluous Hair.—Superfluous hair on the face, hands or arms can be removed with so-called depilatories. Their use is similar to the use of a razor, and they effect simply a temporary removal of the growth, requiring a constant use of the mixture as the annoying hairs reappear.

When such a mixture is required the following is the best, since it is the least poisonous:

DEPILATORY

℞ *Strontium Sulphide* ..... 1 dr.
Zinc Oxide ..... ½ "
Powdered Starch ..... ½ "

These ingredients should be well mixed and kept in a tightly sealed bottle.

To use: mix a small quantity of the powder with water to make a thin paste; spread this upon the parts to be rid of hair and allow to dry on for five to ten minutes. Then scrape off the dried paste with a spatula or a dull knife blade.

As the paste is removed, the hairs will come away with it, leaving the skin perfectly clean.

A little cold cream should be rubbed on the parts after the skin has been gently washed off with water on a pledget of absorbent cotton.

A slight amount of the cold cream is allowed to remain on the skin.

HAIR DISSOLVER

℞ *Sodium Sulphide* ..... 4 oz.
Distilled Water ..... 1 qt.

Dissolve the sodium in the water and keep well corked and away from the light. Apply to the hair without rubbing and wipe off in not over two minutes.

But the *only way to remove permanently* these abnormal hair growths is by the use of electricity in the form of Electrolysis, which is thoroughly explained in the book on that subject.

Gray Hair.—Grayness of the hair is not necessarily a sign of disease or even of age. To turn gray in time is natural nearly everywhere. There is one very notable exception. In Scandinavian countries the hair of persons verging toward extreme age very frequently turns flaxen.

Proof that grayness is not necessarily symptomatic of disease or weakness is found in the fact that often, when the hair has turned with years, it not only remains as glossy and smooth, but sometimes grows more so, as well as more thick and strong.

Physiologists have not yet definitely determined the immediate cause of the hair losing its color. They fall back on the simple statement that the supply of coloring matter appears to lessen or give out. Dark hair, which, they assert, implies greater physical strength in the possessor, loses color sooner than light hair. Cases of blond men who at fifty have lost half their hair by baldness, and yet have not begun to turn gray as to the other half, are not uncommon.

The physiological suggestion that the supply of coloring fluid is exhausted sooner by dark hair, because of the greater call it makes on the coloring fluid, does not really explain the matter. On the contrary, among the very dark-haired races in tropical and semi-tropical countries, the hair appears to keep its color much longer than among blond or semi-blond peoples.

Perhaps one may say that a more complex civilization, with its indoor life, has considerable to do in determining the time for the approach of natural grayness, as it certainly has much to do with turning hair gray prematurely by worry or excitement.

Gray hair so frequently by contrast with a fresh complexion and bright eyes adds attraction to a woman's face that fashion has often dictated gray, and on the periodical returns of the style many young matrons in Paris and elsewhere may be found actually wearing artificial gray hair. Accordingly women otherwise young in appearance need not indulge in vain regrets, but by keeping their gray or graying hair in the healthiest condition

and arranged in the style most harmonious to their face and figure may make themselves just as attractive as their black-haired and brown-haired sisters. At any rate, keeping the hair clean and healthy will do much to retard its becoming gray.

PREMATURE GRAY HAIR.—Gray hair may appear on the head prematurely, due to neuralgia, fright, grief, or as the result of rapid aging from business cares or prolonged indulgence in artificial excitements or society dissipations.

It is a popular belief that hair may turn white almost instantaneously from these causes, especially fright and nervous shocks. Byron accepts it in his famous lines from "The Prisoner of Chillon":

> "My hair is gray, but not with years,
> Nor grew it white in a single night
> As men's have grown with sudden fears."

Bichat, a famous French physiologist, backs up this popular belief by the assertion that he knew of one case, the cause being a violent mental shock, where the transformation took place in a single night, and he speaks of several other cases of shock where, in about a week, the hair turned gray in mass.

Even with entire respect to so great a name as Bichat, and appreciating, too, the value of a popular belief, one cannot help suspecting that verification in the single case of his very long experience may not have been quite absolute; in other words, the hair might have had a more or less decided set toward gray, or have been on the turn, previous to the sudden mental shock. The most reasonable explanation of the historical incidents of hair suddenly turning gray in prison, as in the case of Marie Antoinette, is that it was already gray, but had been dyed, and, during incarceration, when its owner was de-

prived of the dye or of proper assistance in applying it, had taken on its proper hue.

Treatment for premature gray hair is usually successful. The patron should be advised to consult a physician for the general health, and the operator should at once begin a systematic course of massage, and general tonic treatment of the scalp, using such preparations as have been given and are indicated.

But when grayness is progressive, while much can be done to retard its spread, the final result is permanent, and all that can then be done is to tint the hair or dye it to its former shade, using massage and scalp-cleansing methods to keep the hair healthy and prevent its falling out.

Gray hair should not be shampooed oftener than once a month. The egg and white castile soap shampoo—especially that one in which only the white of egg is used—will be found best for gray hair. In the final rinsing put a trifle of pure indigo, not bluing, just enough to tint the water faintly. This will whiten or silver the hair a little, giving it extra gloss.

The dry shampoo of cornmeal and orris root is good for gray hair. Do not, however, rub this mixture onto and into the scalp. Just sprinkle it through the hair and brush it out in about ten minutes.

To cleanse, cool and freshen the scalp on which the hair is growing gray, the following tonic is recommended:

GRAY HAIR TONIC

℞

Oil of Orange	½ *oz.*
Oil of Neroli	20 *drops*
Oil of Bergamot	1 *oz.*
Oil of Cinnamon	¼ *dr.*
Oil of Cloves	1 "
Olive Oil	2 *pts.*

This is also a good occasional treatment for gray hair:

℞ *Gallic Acid* ..... 10 gr.
Tincture Sesquichloride of Iron..... 1 oz.
Acetic Acid ..... 1 "

This also will be found of value.

℞ *Southern Wood* ..... 1½ lbs.
Olive Oil ..... 1 qt.
Red Wine (Claret)..... 1 "

Macerate the wood, boil it in the olive oil, strain it through a cloth, add the wine, and let stand several days. Then saturate the hair with it.

Other Afflictions Worse Than Gray Hair.

Gray Hairs are dignified, poetic, even picturesque; but a bald Pate . . . is a thing of horror, tabooed in Art and anathema in Literature.

—Woods Hutchinson, M.D.

Reverence and endearment are frequently shown for Gray Hairs, but nobody has a kind word for Wrinkles.

—Schopenhauer.

CHAPTER IV

WHAT IS KNOWN ABOUT HAIR OF THE HEAD.

Rules of Health for the Hair—Points for Blondes—Cupid Favors Brunettes.

WITHOUT wishing to cast suspicion on the effectiveness of the methods of treating the hair that have been given, the author wishes to caution the student not to be oversanguine of success or easily discouraged with the lack of it.

Combing, brushing, washing or dressing the hair are definite operations that are under the operator's control. It is quite another thing to make hair grow or to prevent it growing where it is not wanted.

Medicine is not an exact science and while it is certain that we know a whole lot more about our bodies than was known heretofore, it is equally certain that science has practically only scratched the surface of what we must learn before we can be reasonably certain of making two hairs grow where only one grew before. There are comparatively few things in medical therapeutics on which the doctors are all agreed.

Nature can usually be relied upon to do the curing of human ills and our greatest success lies in removing the things that are likely to obstruct nature. The hair of the head has been looked upon by science rather as an adornment and it is art and artifice that we can thank for quickening what understanding we have of its needs and care. There is very little reliable data regarding the prevalence of baldness either as a whole or in different classes of men or even

whether men are more prone to it than women, though it is generally believed that men are very likely to become bald, while women rarely lose all or most of their hair.

That men of sedentary habits, brain workers and brainy men are more likely to become bald than others is commonly believed, but there is no real evidence to sustain this.

The wearing of certain kinds of hats has been supposed to cause baldness and this may be partially true, but there is less evidence of baldness amongst farmers than city workers and the farmers wear their hats very many more hours daily than do the men in city offices and shops.

Between the sexes there is a curious difference as to the region in which thinning and falling of the hair usually begins. In man the hair first thins out at the top or crown of the head.

In women it is the hair-line about the temples and above the forehead. These regions are supplied by different arteries, but it is hard to find a good reason why the temporal arteries should first fail in the female and the occipital in the male. That the hair was and is regarded chiefly as an ornament there is abundant evidence. Nor is or was this feeling confined to the women.

The ancient Greeks combed and braided their long hair as a solemn, ceremonial preparation for battle. Our American Indian braves spend no end of time greasing and braiding and in decorating their long straight black hair with feathers and various ornaments.

Among savages and the races in earlier civilization man as well as woman prized and cultivated long hair

as a mark of beauty or of dignity. Now the sterner sex have abandoned and left to woman the wearing of long hair.

That this was done rather as a matter of convenience and time saving than of a rising above vanity is evidenced by the very real alarm shown by nearly all men when the short hair they elected to wear begins to disappear.

It is men who consume the most hair tonic and spend, it's said, a great deal more money than women on preparations for saving their falling hair.

As the average man's hair as now worn is of little or no value as a protection to his head, how can this expenditure be charged to anything but vanity and the fear of what they will look like when bald?

It is true that baldness is no special addition to a man's attractiveness, but it in no way interferes with his material or social success.

There is little likelihood of the coming of a bald-headed race. Medical science has put many preventive and remedial appliances in our hands.

The facilities for and the disposition toward cleanliness in our daily habits and the precautions taken by barbers and others to prevent the spread of infection all tend to vouchsafe for us a reasonable hold on our hair.

Those who keep themselves in good general health by sensible diet and exercise and who keep their hair clean, well brushed and ventilated will have done much to prevent baldness. The hair, the nails, the teeth, and even the skin itself being farthest from the centre of circulation, are likely to be the first to have their supplies cut off in the many different disturbances of the general health, and while they are first to show

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signs of weakness, they are also as likely to be the last to fully recover, and the operator who is called upon to overcome the evidences of decay need not be discouraged if the bodily health is known to have recovered normal vigor.

RULES OF HEALTH FOR THE HAIR.

The rules of health for the hair are few and brief. Brush the hair thoroughly at least once a day. Let the brushing be thorough and preferably with two brushes. Keep the hair thoroughly clean in this way, and the scalp will largely take care of itself. Wash the hair as often as may be needed for cleanliness, which, as a rule, for men will be once a month, and for women about half as often. Avoid using too strong soaps, strong alkalies, such as ammonia and soda, and too hot water, as all of these take out too much of the natural lubricant, or oil, of the hair and leave it dry and harsh. As a rule, it is well to dry-clean the scalp as much as possible; and it is surprising how clean the hair and scalp can be kept just by frequent thorough and regular brushing alone. The most important detail about the washing of the hair is that it should be rubbed or brushed until thoroughly dry. If this be done, in the short hair of men there is no objection to wetting it daily. The risk in leaving it not perfectly dry is that the natural oil of the hair, when mixed with water, rapidly decomposes or ferments, with the production of the all too familiar and none too pleasant sour or half-rancid smell of badly kept hair. This condition both irritates the scalp and furnishes a fine culture-medium for germs which thereupon promptly sweep in and give rise to the commonest

form of dandruff or scaliness of the head. Particularly objectionable is the habit of wetting or "slicking" the hair in order to comb it, and avoiding the use of the brush altogether. The intelligently used brush is the best known hair-tonic. But when the vigor of the hair is beginning to fail, even this may be carried to an extreme and become injurious.

While it is well to keep the scalp dry and well ventilated and exposed to both light and air, there does not appear to be any valid ground for the belief that going bareheaded, particularly in the sun, in any real way promotes the vigor of the hair. Like the shoe, the hat, while a good deal of a nuisance in many ways and a frequent source of inconvenience, discomfort, and absurd extravagance, is probably more helpful than harmful, not merely to the head, but to the hair. It should, of course, be kept within reasonable limits and made as soft, light, and porous as possible, but there does not appear to be any good reason for blaming the alleged decadence of our hair upon our headgear, however irrational and even absurd we may admit this to be at times.

POINTS FOR BLONDES

Sage, tar soap and oily tonics tend to darken very light hair, as does also the egg shampoo if the yolk is used.

Ammonia and soda brighten light hair, but must be used cautiously and sparingly, as they are very drying.

A teaspoonful of salts of tartar and two of lemon juice added to the last rinsing water of light hair will help keep its color and brightness.

A piece of washing soda, the size of the thumb nail,

mixed into a paste or jelly with white castile soap and used occasionally as a shampoo will help keep the hair light and fluffy.

Light hair should be washed twice as often as dark hair, and it should be rinsed through more waters after shampooing. The sun is not so good for it as for dark hair, so it should not be dried in or exposed to the sun as long as dark hair.

In arranging light hair it should be left loose and fluffy rather than drawn smooth, as is so often becoming with dark hair.

Girls with blue eyes and straw colored hair generally have a far calmer and happier life, as a rule, than those with big dark eyes and olive complexions.

The fair girl is almost sure to be level-headed in her love affairs, and to make a sensible marriage, but she will be much more fickle than the dark girl, because her feelings will not be so deep.

Is the blonde prettier than the brunette? Who can settle this question?

Painters, from the earliest days, always represented angels in white with golden hair—every Madonna is blond: the Devil was always painted black, while ordinary mortals were more or less dark. The poets, too, were quite as partial to the blonde and there is much evidence that in earlier days the blonde type was considered the ideal of beauty throughout Europe —in Greece and Italy as well as in Germany, Scandinavia, France and England.

Where the hair was not naturally blonde, artificial means were used to make it so.

CUPID FAVORS BRUNETTES

Many observers, and some statistics, would prove that the hair, skin and eyes are growing darker—that the brunette has ten chances of getting married to the blonde's nine. There seems to be some good reasons for this other than merely a matter of taste and fashion.

The dark skin is more soft and velvety than the light skin, therefore more agreeable to the touch.

The eye, too, is likely to be more pleased by a brunette than a pure blonde complexion. In the dark skin the pigmentary matter tones down the too vivid red of the translucent blood. Wherefore, the brunette complexion appears more mellow and delicate in its tints than the Scandinavian blonde, in which a blush suggests a hectic flush and its normal whiteness the pallor of ill-health or a lack of invigorating and beautifying sunshine.

The brunette complexion gives the idea of stored-up sunshine, i. e., health; and as health is what primarily attracts Cupid, this, combined with his taste for delicate tints and veiled blushes, partly accounts for his preference for the dark type.

That the brownish skin is commonly healthier than the white is also shown by its being less subject to the irregularity in the secretion of pigmentary matter which causes freckles. These blemishes, like small pox marks, are much rarer among the dark than among the blonde races and individuals.

The skin of blondes exposed to a hot sun or raw wind becomes red, inflamed, and decidedly unbeautiful, while a brunette's complexion becomes a shade darker, and possibly all the more attractive. This suggests another reason why the brunettes have an

advantage over the blondes in the country, where love-making is chiefly carried on in the summer;—yet it will not do for the blondes to avoid the sunshine on this account, for that will make them anæmic and prematurely old-looking.

The hair is the blonde's one feature, in which, so far as the head itself is concerned, she may dispute the supremacy with the brunette. Light hair is finer than dark hair, and there is more of it to the square inch.

When we leave the scalp the superiority of dark over light features becomes most manifested. Black eyelashes and eyebrows are infinitely more beautiful than light colored ones. The painting or darkening of light eyelashes has been a common artifice among all nations and at all times.

The eye, it cannot be denied, is most beautiful when black (dark brown) or so deeply blue or violet as to be easily taken for black. This superiority of the dark hue is due partly to the fact that it is commonly more lustrous than the light eye and partly to the law of contrast, for a light colored iris obviously does not present such a vivid contrast to the white of the eye as does a dark iris.

How great is the fascination for a dark eye is seen in the numbers of women who have braved the dangers to health and vision in the use of drugs like belladonna that enlarge the pupil and appear in that way to darken and brighten the eyes.

Twilight, too, enlarges the pupils, which is said to account for the fact that so many young men propose in the evening—a brunette's eyes in the evening appear to be all pupil—how then can you wonder at their advantage over blondes?

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